

# The Motivator

Exchange Club of Lake Tansi

Club #2359 Div XII TN-KY

Joni Witherite, Editor



February 2020

**Our Mission:** *Exchange, inspiring communities to become better places to live.*

**Our Vision:** *A strong America, safe communities, and unified people.*

**Our Motto:** *Unity for Service*

January has sailed by crazy weather and all, and it's already February! I hope everyone has their snowsuits and sandals ready because who knows what the weather will be tomorrow! We're getting busier in Exchange this month, between the rescheduled One Nation under God Breakfast on February 22<sup>nd</sup> and planning for upcoming spring and summer projects and fundraisers.

One of the primary recipients of our fundraising efforts is the Stephens Center, but some of our newer members and some older ones, as well, may be wondering what the Stephens center does to receive so much of our support. So, what is the Stephens Center?

The Exchange Club/Stephens Center was established in 1988 by Anna Stephens in memory of her late husband, Holland J. Stephens and is part of a nationwide network of Exchange Club Child Abuse Prevention (CAP) Centers. The Center is based in Livingston (Overton County) with offices in Cumberland, White, Macon, DeKalb, and Putnam Counties and receives annual support from the Exchange Clubs of Lake Tansi and Livingston. <sup>2</sup> "The mission of the Exchange Club/Stephens Center is to prevent child abuse and neglect while promoting healthy, non-violent families through

appropriate home visiting, parenting classes and community education programs.”<sup>1</sup> The Stephens Center provides services to families in Overton, Putnam, Cumberland, DeKalb, Macon and White Counties.

The Center carries out their mission through a variety of programs including classes taught in the Center, in-home visits and events to increase community awareness. Programs offered include:

**Healthy Start and Healthier Beginnings** – home-visitation programs designed to help Pre-natal , First-time and Teen parents learn practical skills to cope with the challenges of being a new parent and emphasize creating a nurturing relationship between parent and child, developmental activities and the importance of immunizations, well-child check-ups and school readiness.

**Parent-Child Connection** – a parenting class offering parents, or anyone in a parenting role an opportunity to learn practical parenting techniques, more effective ways to communicate with their children, and improve their parenting skills overall.

**Friends for Families** – a home-visitation program that serves families at-risk of child abuse or neglect who have at least one child in the home who is twelve or younger. Weekly visits help parents learn positive, non-violent parenting and communication skills and replace abusive or neglectful behaviors with healthy, nurturing parenting.

Community Awareness events are held throughout the year and The Stephens Center also coordinates the Imagination Library program in Overton County.<sup>1 2</sup>

So the Stephens Center exists because Exchange Clubs exist. In fact, the Livingston Exchange Club has the distinction of being the only Exchange Club in America established specifically so an Exchange CAP Center (The Stephens Center) could be opened to serve the community.<sup>3</sup> Since the Center serves Cumberland County as well, the Lake Tansi Exchange Club provides support.

The 2020 Lake Tansi Directory mailing was prepared for mailing and delivered to the post office on January 21<sup>st</sup>. We had a really good turnout and the books were ready to go to the post office in an hour.



<sup>1</sup> [finleylabs.info/stephens/about-the-stephens-center](http://finleylabs.info/stephens/about-the-stephens-center)

<sup>2</sup> Dawn Killman, Executive Director, Exchange Club/Holland J. Stephens Center

<sup>3</sup> [stephenscenter.org/2018/05/05/the-livingston-exchange-and-the-lake-tansi-exchange-club-supports-the-stephens-center/](http://stephenscenter.org/2018/05/05/the-livingston-exchange-and-the-lake-tansi-exchange-club-supports-the-stephens-center/)

The One Nation under God Breakfast, scheduled for February 22<sup>nd</sup> at 8:00AM, is coming together. The bulk of the planning is complete, but if anyone would like to step up to chair the event and bring it home, I think Anna would be glad to have you.

The first open Golf Tournament Committee meeting will be held March 2<sup>nd</sup> at 9:00AM in the POA boardroom. If you find a good deal on pork butt and would like to buy one for Linda Carothers to cook for the tournament lunch make arrangements with Linda to get it to her. The Tournament date is June 13<sup>th</sup>.

Marcie Tucker and Dennis Schloerke will co-chair a committee to handle the sale and placement of bricks in our Veterans Park to honor military service members, relieving Ginger of one of the jobs she acquired by becoming LTEC treasurer.

Jeremy Backstrom from Cumberland Medical Center spoke at our January meeting about the risk factors for stroke and the signs and symptoms that indicate you or someone around you is having a stroke. Time is of the essence in treating stroke, so it's important to be able to recognize the symptoms and seek help immediately.

John Lyon gave us a scholarship update at the January meeting. Last year's recipients, Sydney Wilson and Noah Hawk are doing well in their studies and Logan Sherill has decided to leave college for the time being and join the military. John also reported that scholarship packets have already been distributed to our local high schools. Mary Vesper will be taking over chairmanship of the Scholarship Committee.

Our February meeting speakers will be Gary Dillon (Feb. 7<sup>th</sup>) and Gus Gocella (Feb. 21<sup>st</sup>). Beginning in April we'll have a speaker at just one meeting each month to give us one full meeting each month for Club business and member development.

.Please keep Pat Camachi in your thoughts and prayers. Pat has been moved from Cookeville to a nursing facility in Michigan closer to her family. Pat loves getting mail and is happy that her Exchange friends are still keeping in touch. If you'd like to drop her a note or send a card, her address is:

Pat Camacci  
555 Highland Ave.  
Room 416  
Milford, MI 48381

She would be happy to receive mail from any us, whether you know her well or not.

A final note....mark your calendars.... the 94<sup>th</sup> Tennessee Exchange State Convention will be held June 5-6, 2020 also in Murfreesboro, but there is no other information at this time. We should have more information after the Mid-winter Conference on February 8<sup>th</sup>.

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## February Exchange membership anniversaries:



Ashley Clark – 1 year

Paul Durland – 2 years

Nancy Roehlig – 2 years

Susan Dowell – 3 years

Dennis Schloerke – 4 years

Pat Schloerke – 4 years



## February Birthdays:

2/6 – Pat Camachi

2/15 – Chuck Sullins

2/17 – Sue English

2/18 – Joe Holmes



## February Anniversaries:

2/17 – Dave and Judith Kopp

2/20 – Chuck and Barb Sullins

If you have a birthday or anniversary that I have missed, please let me know.

